

30th January 2026

Dear Parents and Carers,

NSPCC 'Talk PANTS' Sessions

Next week, I have asked the teachers to talk to the children about the NSPCC's 'Talk PANTS' rules. During these discussions, we aim to teach the children the following important safety skills without giving them explicit information.

These are the PANTS rules:

- P: Privates are private
- A: Always remember that your body belongs to you
- N: No means no
- T: Talk about secrets that upset you
- S: Speak up, someone can help you

The lessons empower children, in an age-appropriate way, to recognise their rights to their own bodies, say no to touch that is unwanted and tell someone if they feel uncomfortable. The lessons include activities which help children understand:

- appropriate and inappropriate touching
- their right to say no to things that make them feel uncomfortable or upset
- the names for parts of the body
- who to turn to if they feel upset or worried

If you would like to know more about the NSPCC's campaign, including a short film and a parent guide to help you continue the 'TalkPANTS' conversation at home, more information can be found at www.nspcc.org.uk/pants

If you have any concerns please speak to your child's class teacher.

Amy Butterfield
Headteacher

